



# Prevent Accidental Poisonings

## Leftover medications can lead to accidental poisonings.

- There are about 1.3 million emergency room (ER) visits each year for adverse drug events.
- About 50,000 children (5 years old or younger) visit the ER each year because they took medications that were within reach.
- About 9.3 million people misused prescription pain relievers in the last year.




We want to give you the tools to dispose of medications safely. **Scan the QR Code** to ask for medication disposal packets at no cost to you. Disposing of medications the right way can

help prevent an accidental poisoning from affecting your loved ones.




## How to Use DisposeRx® Medication Disposal Packets


DisposeRx medication disposal packets are a simple and effective way to get rid of any unused or out of date medications in your home. You simply add water to your medication vial, pour the DisposeRx packet into the vial and shake it for about 30 seconds. Then, you can safely throw the vial into your household trash without worry. Learn more at [www.disposerx.com](http://www.disposerx.com).

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1 Empty Water 1/3 Max. Pills

Add water until vial is 2/3 full.
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2

Add DisposeRx powder into vial. Put cap back on and shake for 30 seconds.
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3

Throw vial into the trash.

To learn more about medication safety visit the Centers for Disease Control and Prevention (CDC) web site: [www.cdc.gov/medicationsafety/](http://www.cdc.gov/medicationsafety/).

## There are steps you can take right now to prevent accidental poisonings:



Use the QR code <on front> to ask for DisposeRx packets to help with the safe disposal of your unused medications.



Get rid of used needles in a safe way, too. For more information go to [www.FDA.gov](http://www.FDA.gov).



Prevent the spread of disease from needle sharing. Find a syringe exchange program near you. Go to [nasen.org/directory](http://nasen.org/directory).



Talk to your local pharmacy about “take back” efforts. You can also learn more about National Drug Takeback Day at [www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/).



Contact your Care Manager, if you have one, for more resources in your area.



At CareSource, we care about our members, their families and the communities in which we live.

**Health care with heart.**



### Sources:

Centers for Disease Control and Prevention (CDC).  
[www.cdc.gov/medicationsafety/parents\\_childrenadversedrugs.html](http://www.cdc.gov/medicationsafety/parents_childrenadversedrugs.html)

[www.cdc.gov/medicationsafety/adult\\_adversedrugs.html](http://www.cdc.gov/medicationsafety/adult_adversedrugs.html)

National Institutes of Health.  
[nida.nih.gov/publications/researchreports/misuseprescriptiondrugs/whatscopeprescriptiondrugmisuse](http://nida.nih.gov/publications/researchreports/misuseprescriptiondrugs/whatscopeprescriptiondrugmisuse)